

AGAWAM DIRECTORY OF COMMUNITY RESOURCES

A COMMUNITY GUIDE TO AGAWAM-BASED AGENCIES
ORGANIZATIONS AND PROGRAMS THAT PROVIDE INDIVIDUAL
GROUP AND FAMILY SUPPORT SERVICES.



Agawam Public Schools

- *HOTLINE NUMBERS • HEALTH INFORMATION • CONSUMER CONCERNS •*
- *DISEASE PREVENTION & CONTROL • ENVIRONMENT •*
- *MENTAL & EMOTIONAL SUPPORT • NUTRITION PERSONAL & FAMILY HEALTH •*
- *PET & WILDLIFE RESOURCES RECREATIONAL LEISURE & PHYSICAL FITNESS •*
- *SAFETY & VIOLENCE PREVENTION • SPIRITUAL RESOURCES •*
- *SUBSTANCE USE/ABUSE •*

TOLL FREE NUMBERS AND HELP HOTLINES

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|--|------------------------------|
| Abuse & Rape Crisis..... | 733-7100 |
| Agawam Fire Department Non-Emergency | 786-2662, 821-0612, 821-0613 |
| Agawam Police Non-Emergency..... | 786-4767 |
| Agawam Police/Fire/Ambulance <i>Emergency Only</i> | 911 |
| | |
| AIDS/HIV..... | 1-800-342-2437 |
| ALANON/AL-A-TEEN..... | 782-3406 |
| Alcohol Help Line..... | 1-800-252-6465 |
| Alcoholics Anonymous..... | 532-2111 |
| Alzheimer's Association..... | 1-800-272-3900 |
| American Red Cross..... | 737-4306 |
| ARCH (Battered Women)..... | 733-7100 |
| Blind, Commission for the..... | 1-800-392-6450 |
| Child Abuse & Neglect..... | 1-800-792-5200 |
| Deaf, Commission for the..... | 1-800-882-1155 |
| Department of Social Services (DSS)..... | 1-800-792-5200 |
| Disability Determination..... | 1-800-882-2040 |
| Drug Abuse..... | 1-800-662-HELP |
| Drug Help..... | 1-800-378-4435 |
| Elder Abuse..... | 1-800-922-2275 |
| Elder Affairs Hotline..... | 1-800-882-2003 |
| First Call For Help..... | 737-2712 |

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| Food Stamp Hotline..... | 1-800-645-8333 |
| Fuel Assistance..... | 1-800-632-8175 |
| Individuals with Disabilities..... | 1-800-462-5015 |
| Literacy..... | 1-800-447-8844 |
| Medicaid..... | 1-800-841-2900 |
| Medicare..... | 1-800-882-1228 |
| Mothers Against Drunk Driving (MADD)..... | 1-800-633-6233 |
| Narcotics Anonymous..... | 538-7479 |
| National Center for Missing Children..... | 1-800-843-5678 |
| National Domestic Violence Hotline..... | 1-800-799-SAFE |
| National Sexually Transmitted Diseases..... | 1-800-227-8922 |
| New Beginnings (Rape/Domestic Violence)..... | 1-800-479-6245 |
| Nursing Home Complaints..... | 1-800-462-5531 |
| Overeaters Anonymous..... | 783-4198 |
| Page Plus Program (Pregnant & Parenting Teens)..... | 732-3121 |
| Parental Stress..... | 1-800-632-8188 |
| Poison Control..... | 1-800-682-9211 |
| Pregnancy & Options Counseling..... | 733-6639 |
| Psychiatric Crisis Line (Mt. Tom MHC)..... | 536-2251 |
| Public Safety..... | 1-800-223-0933 |
| Registry of Motor Vehicles..... | 1-800-858-3926 |
| Rehabilitation Commission..... | 1-800-223-2559 |
| Revenue, Department of..... | 1-800-392-6089 |
| Runaway Hotline..... | 1-800-231-6946 |
| Social Security..... | 1-800-772-1213 |

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| STD's..... | 784-8354 |
| Substance Abuse Hotline..... | 1-800-550-0467 |
| Telecommunications & Energy..... | 1-800-392-6066 |
| The Professionals (BMC) for Health Questions..... | 784-CALL |
| Tobacco Quit Line..... | 1-800-TRY-TO-STOP |
| Tobacco Quit Tips..... | 1-800-9-GET-A-TIP |
| Welfare..... | 1-800-249-2007 |
| Westfield Crisis Intervention..... | 568-6386 |
| Westfield Infant Toddler Services (WITS) | 1 -800-905-TIES |
| 91 Elm St., WFLD..... | 568-3942 |
| WIC..... | 1-800-WIC-1007 |
| Worker's Compensation..... | 1-800-323-3249 |

MEDICAL EMERGENCY PROCEDURES

General Information

WHAT TO DO:

Do stay calm

Do check first to see that the victim has an open airway, is breathing and has a heartbeat. (If not, immediate action is necessary before taking care of any other injuries.)

Do treat the patient gently. Reassure them that help is coming, and keep them as quite as possible.

Do tell the rescue or ambulance crew as much as you can about what happened, what the patient's condition was when you first saw them and what actions you have already taken.

Do let the emergency crew do its job and help keep other people out of the way.

WHAT NOT TO DO:

Do not move the patient unnecessarily.

Do not try to remove an object that is impaled in the body.

Do not give the patient anything to eat or drink. Never give alcohol.

Do not delay calling for help.

Do not do anything you are not trained to do and are not sure is appropriate.

IMPORTANT: Review this information periodically. Know what to do before an emergency happens.

Dial 911 for emergency help from Police, Fire, or Ambulance.

GET HELP!

From: Baystate Health Systems (1993) *Adult Emergencies and What to do About Them*.
Springfield, MA: Author

SIGNS OF ALCOHOL ABUSE

One or more of the following factors indicates a possible drinking problem:

- Needs a drink at a certain time of “the morning after”
- Loses time at work or school due to drinking.
- Drinks alone or tries to hide drinking.
- Has loss of memory or loss of control while or after drinking.
- Seems irritable, defensive, jealous, moody, easily angered after drinking.
- Denies everything or gets upset at criticism or complaints about his/her drinking.
- Has physical complaints that may be related to drinking: inefficiency, low energy, weight loss, sleeplessness, accidents.
- Feels guilty, worthless, or depressed because of drinking.
- Avoids friends and social activities because of drinking.
- Embarrasses, harms, or worries family and friends with his/her drinking behavior

GET HELP!

Refer to Hotline Numbers, Substance Use/Abuse, Disease Prevention & Control, Family & Personal Health, and Mental & Emotional Support sections of this Directory.

DEPRESSION

Symptoms of depression can include:

- Persistent sad or “empty” mood.
- Loss of interest or pleasure in ordinary activities, including sex.
- Decreased energy, fatigue, being “slowed down.”
- Sleep disturbances (insomnia, early-morning waking, or oversleeping.)
- Eating disturbances (loss of appetite and weight, or weight gain.
- Difficulty concentrating, remembering, making decisions.
- Feelings of hopelessness pessimism.
- Feelings of guilt, worthlessness, helplessness.
- Thoughts of death or suicide; suicide attempts.
- Irritability.
- Excessive crying.
- Chronic aches and pains that don’t respond to treatment.

GET HELP!

Professional treatment is needed when four or more of these symptoms last longer than two weeks or interfere with normal functioning.

Refer to the Hotline Numbers and Mental & Emotional Support sections of this Directory

From: USDHHS (1992) *Helpful Facts about Depressive Illness*,
Publication No., (ADM) 92-1536, NIMH.

POSSIBLE SIGNS OF DRUG ABUSE

The following is a list of general behavior characteristics which may indicate drug use:

- Abrupt changes in school or work attendance, quality of work, grades, discipline, work output.
- Unusual flare-ups or outbreaks of temper.
- Withdrawal from responsibility.
- General changes in overall attitude and personality.
- Deterioration of physical appearance and grooming.
- Suspicious behavior regarding actions and possessions.
- Wearing of sunglasses at inappropriate times (to hide dilated or constricted pupils).
- Continual wearing of long-sleeved garments (to hide injection marks).
- Change in peer groups; association with known drug users.
- Unusual borrowing of money from parents or friends.
- Stealing small items from home, school, or employer.
- Attempts to appear inconspicuous in manner and appearance (to avoid attention and suspicion).

GET HELP!

Refer to the Hotline Numbers and Substance Use/Abuse, Disease Prevention & Control, Family & Personal Health, Mental & Emotional Health sections of this Directory.

SYMPTOMS OF EATING DISORDERS

The following is a list to general characteristics, which may indicate the presence of an eating disorder:

Early Signs of Anorexia Nervosa

- Intense fear of weight gain
- Cessation of three consecutive menstrual periods
- Loss of at least 15% of body weight
- Compulsive or ritualistic behavior
- Insistence on keeping weight below a healthy minimum
- Distorted body image

Early Signs of Bulimia

- Secret binging, followed by fasting, self-induced vomiting or laxative use
- Frequent visits to the bathroom
- Problems with teeth
- Low frustration tolerance and poor emotional control
- Frequent dieting
- Extreme concern with body weight and shape

Symptoms Common to Both Anorexia Nervosa and Bulimia:

- Complaints about feeling fat or bloated
- Perfectionist ideal
- Depression stemming from low self-esteem
- All-or-nothing thinking
- Abnormal eating habits
- Preoccupation with weight and body image
- Compulsive or excessive exercising

GET HELP!

Refer to the Hotline Numbers and Family & Personal Health, and Mental & Emotional Support sections of this Directory.

HIV/AIDS

**If a person has the following or persistent symptoms,
professional health care should be sought:**

- Unexplained persistent fatigue.
- Unexplained fever, shaking chills or drenching night sweats lasting longer than several weeks.
- Unexplained weight loss greater than 10 lbs.
- Swollen glands (enlarged lymph nodes usually in the neck, armpits, or groin) which are otherwise unexplained and last more than two months.
- Pink-to-purple flat or raised blotches or bumps occurring on or under the skin inside the mouth, nose, eyelids, or rectum (initially they may resemble bruises but do not disappear and are usually harder than the skin around them).
- Persistent white spots or unusual blemishes in the mouth.
- Persistent diarrhea.
- Persistent dry cough which has lasted too long to be caused by a common respiratory infection, especially if accompanied by shortness of breath.

GET HELP!

Refer to the Hotline Numbers and Disease Prevention Control and Mental & Emotional Support sections of this Directory.

EARLY SIGNS OF PREGNANCY

If a female has the following symptoms, professional health care should be sought:

- Missed Period (the most obvious sign)
- Nausea
- Full, tender breasts
- Frequent urination
- Increase or decrease in appetite

GET HELP!

Refer to the Hotline Numbers and Family & Personal Health, Mental & Emotional Support and Nutrition sections of this Directory.

BECOMING A FORMER SMOKER

If you are like most smokers, you probably started smoking in your early or preteen years. When you choose to become a former smoker, you will learn a different response to the desire to smoke. You will learn strategies, techniques, practices and skills that can help you succeed. Maybe you're thinking about quitting. Help is available.

GET HELP!

Refer to the Hotline Numbers and Disease Prevention & Control sections of this Directory.

WARNING SIGNS OF SUICIDE RISK

Prior to a suicide attempt, an individual may exhibit one or more of the following warning signs.

ACUTE SIGNS

- Radical personality changes such as persistent sadness, loss of interest in usual activities, feelings of guilt, worthlessness, or helplessness.
- Withdrawal from family, friends, and regular activities.
- Noticeable changes in eating or sleeping habits or energy level; neglect of personal appearance.
- Declining grades or unexplained decline in the quality of schoolwork.
- Difficulty in concentrating.
- Unexplained or unusually severe, violent or rebellious behavior.
- Running away.
- Expression of despair, death, or suicide, even jokingly.
- Preoccupation with themes of death.
- Giving verbal hints such as “I won’t be a problem for you much longer,” or “Nothing matters,” or “I won’t be taking that exam anyway.”
- Giving away prized possessions, like they are making final arrangements and are getting their affairs in order.
- Suddenly becoming cheerful after a prolonged depression; a final decision has been made to end it all and the can see relief ahead.
- Formation of a lethal plan or commit suicide.

CHRONIC SIGNS

- Drug and /or alcohol abuse.
- Persistent boredom and/or difficulty concentrating.
- Physical symptoms often related to emotional disturbances, such as stomachache, headache, or fatigue.
- Previous suicide attempts; four out of five people who commit suicide have made at least one previous attempt.
- Family history of suicide; suicide can become an option for a youth when a brother or sister has taken his or her life.
- Severe depression.

In Spite of these dangerous signals, it is extremely important to remember that there is no suicide “type”.

GET HELP!

Refer to the Hotline Numbers and Mental & Emotional support sections of this Directory.

TRAUMATIC STRESS

People may experience traumatic stress when they are exposed to an extraordinary event that threatens their physical or psychological well-being and challenges their ability to cope. Examples of events that can prove traumatic are the following; rape or other types of assault, childhood sexual or physical abuse, family violence, other crimes, accidents, serious injuries, emergencies, war and other life-threatening situations or illnesses.

Here are some warning signs that the traumatic stress is unresolved;

- Upsetting memories or dreams of the event
- Withdrawal from other people and loneliness
- Anxiety, fears, phobias, and feeling jumpy

- Grief, anger, shame, or guilt
- Avoidance of reminders of the event
- Depression, including decreased energy, tearfulness, sleep problems, and loss of pleasure, meaning, or hope.
- Increased health problems
- Increased use of alcohol or other drugs

GET HELP!

People who experience ongoing distress or disruptions in their life style as a result of a traumatic event may find it useful to consult a professional.

Refer to the Hotline Numbers and Family & Personal Health, Mental & Emotional Support, Safety & Violence Prevention, and Spiritual Resources sections of this Directory.

From: The Traumatic Stress Institute, 22 Morgan Farms Drive, S. Windsor, CT 06074,
(203) 644-6891

CONSUMER CONCERNS

Assistance with Food, Employment, Legal, Health, & Other Issues

| | |
|---|-----------------|
| Agawam Housing Authority | |
| Meadowbrook Manor Agawam, MA 01001..... | 786-1297 |
| Agawam Post Office | |
| 600 Suffield St., Agawam..... | 786-1001 |
| American Red Cross, www.redcrosspioneer valley.org | |
| 506 Cottage St., Spfld..... | 737-4306 |
| Department of Transitional Assistance | |
| 95 Liberty St., Spfld..... | 858-1000 |
| Emergency Food, Salvation Army Citadel Springfield | |
| www.salvationarmy/usaeast.org | 733-1518 |
| Fuel Assistance Program, Valley Opportunity Council..... | 552-1548 |
| Housing Assistance, HAP, Inc., www.HAPhousing.org | |
| 322 Main St., Spfld..... | 785-1251 |
| Legal Services of W.Mass., www.wmls.org | |
| 127 State St., Spfld..... | 781-7814 |
| MA Dept. of Public Welfare (Dept. of Transitional Assistance)..... | 564-5100 |
| 310 State Street, Spfld. | or.....858-1000 |

Partners for Community, New England Farm Workers
 225 High Street, Holyoke.....536-5403
 Regional Employment Board of Hampden County
 1441 Main Street, 1st floor, Spfld.....755-1356
 MASS HEALTH/Customer Service.....1-800-841-2900
 Social Security www.socialsecurity.gov1-800-772-1213
 United Way of Pioneer Valley, Inc.....737-2691
 West Springfield Parish Cupboard
 1023 Main St, W. Spfld.....734-7969

DISEASE PREVENTION & CONTROL

Agawam Health Dept.,
 36 Main Street Agawam..... 786-0400 ext. 207
 American Cancer Society, www.cancer.org
 59 Bobala Rd., Holyoke.....734-6000
 American Diabetes Association
 Meridan, CT.....FAX 1-860-342-2383
 American Heart Association
 54 Wayside Avenue, Suite C, W. Spfld., MA.....827-0400
 American Lung Association www.lungma.org
 393 Maple Street, Spfld.....737-3506
 American Red Cross www.redcross.pioneervalley.org
 506 Cottage St., Spfld.....737-4306
 After Hours Emergency.....1-800-737-4781
 BayState MedicalCenter www.baystatehealth.org
 759 Chestnut St., Spfld.....794-0000
 BayState Medical Center Infectious Disease
 759 Chestnut St., Spfld.....794-5376
 BayState Visiting Nurses & Hospice
www.baystatehealth.org781-5070
 HIV/AIDS Services, Tapestry Health
 365 Bay St., Spfld.....747-5144
 Holyoke Hospital, www.holyokehealth.com
 575 Beech St., Holyoke.....534-2500
 MA Dept. of Public Health, Northampton.....413-586-7525
 MA Easter Seals Society, www.eastersealsma.com
 1111 Elm St., W. Spfld.....734-6434
 Mercy Medical Center, www.mercycares.com
 271 Carew St., Spfld.....748-9000

HOMELESS SERVICES

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|---|----------------|
| Agawam Housing Authority Meadowbrook Manor Agawam, MA 01001..... | 786-1297 |
| American Legion, Post # 185 478 Springfield St., Feeding Hills | 786-4806 |
| American Red Cross (free clothing) 506 Cottage St., Spfld..... | 737-4306 |
| ARISE for Social Justice (food, clothes) www.riseup@arise.net 94 Rifle St., Spfld..... | 734-4948 |
| Cummings Memorial (Spfld Rescue Mission) 19 Bliss St., Spfld..... | 732-0808 |
| F.O.R. Families Program (for family's transitions from homelessness to permanent housing)..... | 1-800-311-2229 |
| Friends of the Homeless Inc., (Adult Day Center & Shelter) 503 Worthington St., Spfld..... | 734-9946 |
| Health Care for the Homeless, 271 Carew St., Spfld..... | 748-9064 |
| Jefferson St. Shelter for Families Jefferson St., Spfld...referrals through DTA..... | 736-2263 |
| New England Farm Worker's Council (family emergency shelters) 1628 Main St., Spfld..... | 536-5403 |
| New Horizon Shelter 764 Alden St., Spfld..... | 782-8654 |
| Prospect Street Shelter (homeless families) referrals through DTA Prospect St., Spfld..... | 737-5518 |
| Recovery Home (single adult shelter) 56 Temple St., Spfld..... | 733-1472 |
| Respite & Shelters ARCH (for battered woman) P.O. Box 80632, Spfld..... | 733-7100 |
| SAFE Havens 30 High St., Spfld..... | 734-5376 |
| Safety Zone Emergency Shelter for Youth 45 Willow St., Spfld..... | 781-6556 |
| Salvation Army 170 Pearl St., Spfld..... | 733-1518 |
| Springfield Housing Authority 25 Saab Court, Spfld..... | 737-9376 |
| Teen Living Program (pregnant/parenting teen mothers & their children) | |

68-70 Calhoun St., Spfld.....731-5960

Veterans Service
 36 Main St., Agawam..... 786-0400 Ext.236/237

Warming Place (homeless adults)
 600 W. Columbus Ave., Spfld.....746-8703

West Springfield Parish Cupboard
 1023 Main St., W. Spfld.....734-7969

Womanshelter Companeros (for battered woman)
 Holyoke.....1-877-536-1628 or 536-1628

Worthington Street Shelter
 Worthington St., Spfld.,.....732-3069

YWCA intake line (battered woman)
 P.O. Box 1835, Westfield.....1-800-479-6245

MENTAL & EMOTIONAL SUPPORT

Agawam Counseling Center
 30 Southwick St., Feeding Hills, Agawam.....786-6410

BayState Medical Center, Behavioral Health Services
 3300 Main St., Spfld794-5555

Brightside for Families & Children, www.mercycares.com
 2112 Riverdale St, W. Spfld788-7366

Center for Adults & Families, www.carsoncenter.org
 77 Mill St., Westfield568-6141

Center for Children & Youth, www.carsoncenter.org
 20 Broad St., Westfield.....568-1421

Child & Family Service of West Springfield, www.CFS.org
 425 Union St., W. Spfld.....737-4718 or 737-1426

Child Guidance Clinic, www.bhninc.org
 110 Maple St., Spfld.....732-7419

Cross Roads Day Treatment (through River Valley Council)
 207 Elm St., Holyoke.....540-1223
 1188 Parker St., Spfld (Family Psych. Health Ctr.).....782-7777

Dept. of Mental Retardation, www.dmr.state.ma.us
 436 Dwight St. Suite 205, Spfld.....1-800-370-8525 or 784-1339

Gandara Mental Health Center
 333 East Columbus Ave, Spfld.....736-8329

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| Gay/Lesbian Information Services, P.O. Box 80891, Spfld, MA 01138-0891 | |
| Holyoke Medical Center for Behavioral Health 575 Beech St., Holyoke, 5 th floor..... | 534-2626 |
| Community Services Institute, 1695 Main St., Spfld..... | 739-5572 |
| Lutheran Social Services, www.LSSNE.org 593 Main St., W. Spfld..... | 787-0725 |
| MA eating Disorder Assoc.(MEDA/ABC) www.medainc.org 92 Pearl St., Newton, MA..... | 1-617-558=1881 |
| Mt. Tom Mental Health Center, www.bhninc.org 40 Bobala Rd., Holyoke..... | 536-5473 |
| National Alliance for the Mentally Ill of W. Mass Agawam..... | 786-9139 |
| Pioneer Valley Mental Health Clinic, www.bhinc.org 110 Maple St., Spfld..... | 734-3151 |
| Springfield Adolescent Day Treatment Program Partial Hospitalization/Day School Program of BayState Medical Center, Spfld..... | 784-3852 |
| Westfield Crisis Intervention (24 hours) Westfield..... | 568-6386 |

NUTRITION

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|--|----------|
| American Legion 478 Springfield St., Feeding Hills | 786-4806 |
| Martin Luther King Jr. Community Center <i>food distribution Fridays 10am - noon</i> 3 Rutland St, Spfld..... | 746-3655 |
| Parish Cupboard (9:00 – 12:30, M-F) 1023 Main St., W. Spfld..... | 734-7969 |
| Salvation Army Citadel, www.salvationarmy/usaeast.org Emergency Food, T, W & TH 9:00 – 12:00 Good Neighbor Energy Fund 170 Pearl St., Spfld..... | 733-1518 |
| The Center of Hope, Food Pantry 141 Florence St., Spfld..... | 732-0523 |
| The Gray House <i>Emergency food/clothing</i> 22 Shelton St., Spfld..... | 734-6696 |
| Veteran's Services 26 Central St., W. Spfld..... | 263-3020 |
| WIC (Woman-Infant-Child) Free Food Program | |

425 Union St, W. Spfld.....734-1381
77 Mill St., Westfield.....568-1007

PERSONAL & FAMILY HEALTH CHILD & ADOLESCENT SERVICES

Child Care

Boys & Girls Club of West Springfield (open until 7:30pm)

www.wsbgclub.com

615 Main St., W. Spfld.....736-1831

Head Start Childcare – *W.Spfld & Agawam apply through Westfield*

390 Southampton Rd., Westfield.....562-0475

Educational Programs

Agawam Public Library, www.agawamlibrary.org

750 Cooper Street..... 789-1550

Department of Social Services (DSS)

1537 Main St., Spfld.....452-3200

112 Industry Ave, Spfld.....205-0500

261 High St., Holyoke.....493-2600

Family Ties of MA, www.massfamilyties.org1-800-905-8437

Information & support for families of children w/special needs

Foster Care/Adoptive Services Brightside Adoption Services

2112 Riverdale St., W. Spfld.....827-4377

MA Citizens for Life Adoption Services, www.pvmcfl.org

109 Center St., Ludlow.....583-5034

Pregnant Adolescent Girls Education, YWCA , www.yvworks.org

1 Clough St., Spfld, MA 01118.....732-3121

Salvation Army in Westfield

Southwick & Hilltowns, Stop&Shop Vouchers, Small Pantry

12 Arnold St., Westfield.....568-1256

Health Services

Agawam Health Dept.,

36 Main Street Agawam..... 786-0400 ext. 207

Western MA Department of Public Health (DPH)

23 Service Center Rd., Northampton.....1-413-586-7525

Leisure Programs

Agawam Recreational Department
760 Cooper Street Agawam.....821-0513

Boy Scouts of America, Pioneer Valley Chapter,
www.pvcbasa.org
249 Exchange St., Chicopee.....594-9196

Community Support Line
for Children with Special Health Care Needs.....1-800-882-1435

Good Start/Healthy Families (parent education & support)
113 Hampden St., Spfld.....532-9446

MA Easter Seals Society Camp, www.eastersealsma.com
W.Spfld.....734-6434

Pioneer Valley Girl Scouts, www.gspv.org
40 Harkness Ave, East Longmeadow.....525-4124

Westfield Infant Toddler Services/Early Intervention
www.thomchild.org
91 Elm St., Westfield.....568-3942

West Springfield Boys and Girls Club, www.wsbgclub.com
615 Main St., W.Spfld.....736-1831

West Springfield Teen Center
Piper Rd., W.Spfld.....731-8404

Schools

Bambi
22 Vernon St., Agawam.....786-8325

Head Start
733 Main St., Agawam.....789-1784
Westfield.....562-0586

The Kid's Place
901 Springfield St. Feeding Hills.....786-7980

Pam's Place
605 Springfield St., Agawam.....789-4987

Perry Lane

| | |
|---|-------------------|
| 108 Perry Ln., Agawam..... | 789-1616 |
| Smart Start | |
| 21 N. Westfield St. Feeding Hills..... | 786-0302 |
| Springfield Day Nursery, www.sdn.org | |
| 1840 Westfield St., W.Spfld..... | 732-5183 |
| Westover Job Corp. Center, www.jobcorps.doc.gov | |
| 103 Johnson Drive, Chicopee..... | 593-5731 |
| West Springfield Boys & Girls Club Tutoring | |
| 615 Main St., W. Spfld..... | 736-1831 |
| Agawam Public Schools | |
| Administrative Offices, | |
| 1305 Springfield Street, Feeding Hills..... | 821-0552 |
| Department of Special Education | |
| 760 Cooper Street, Agawam, MA 01001..... | 821-0556 |
| Benjamin J. Phelps School | |
| 689 Main Street, Agawam, MA 01001..... | 821-0586 |
| Clifford M. Granger School | |
| 31 South Westfield Street, Feeding Hills, MA 01001..... | 821-0581 |
| James Clark School | |
| 65 Oxford Street, Agawam, MA 01001..... | 821-0576 |
| Robinson Park School | |
| 65 Begley Street, Agawam, MA 01001..... | 821-0584 |
| Agawam Middle School | |
| 68 Main Street, Agawam, MA 01001..... | 789-1400 ext. 448 |
| Agawam Junior High School | |
| 1305 Springfield Street, Feeding Hills, MA 01030..... | 821-0561 |
| Agawam High School | |
| 760 Cooper Street, Agawam, MA 01001..... | 821-0521 |

**PERSONAL & FAMILY HEALTH
ADULTS**

| | |
|---|--------------------|
| Agawam council on Aging 68 Meadowbrook Manor, Agawam | 821-0604, 821-0605 |
| Agawam Health Dept., 36 Main Street Agawam..... | 786-0400 ext. 207 |
| Agawam Public Library, www.agawamlibrary.org 750 Cooper Street..... | 789-1550 |
| Brightside for Families & Children 2112 Riverdale St., W. Spfld..... | 788-7366 |
| Dept. of Veteran's Affairs 26 Central St., W. Spfld..... | 263-3000 |
| Jewish Family Services, www.jfslink.org 15 Lenox St., Spfld..... | 737-2601 |
| Lutheran Social Services (<i>English as Second Language Programs Employment, Resettlement & Case Management</i>) 593 Main St., W. Spfld..... | 787-0725 |
| MA Citizens for Life, www.pvmcfl.org 109 Center St., Ludlow..... | 583-5034 |
| Heritage Hall Nursing Home, 61 Cooper St., Agawam | 786-8000 |
| VA Outpatient Clinic, Dept of Veteran Affairs 25 Bond St., Spfld | 731-6000 |
| Veteran's Affairs Medical Center, www.visn1.med.va.gov 421N.MainSt., Northampton..... | 584-4040 |

**PERSONAL & FAMILY HEALTH
WOMEN'S SERVICES**

| | |
|---|----------------|
| ARCH (Rape/Abuse), P.O. Box 80632, Spfld..... | 733-7100 |
| Birthright of Pioneer Valley, <i>Memorial House</i> 271 Carew St., Spfld..... | 732-6104 |
| Downey Side Adoption Agency, 999 Liberty St., Spfld..... | 781-2123 |
| Healthy Start/Children's Medical Security Plan 23 Service Ctr, Northampton | 1-800-531-2229 |
| Dept. of Public Health, www.ma.gov/dph | 586-7525 |
| Planned Parenthood of West Mass, | |

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| 110 Maple St., Spfld | 732-1620 |
| Pregnancy Care Center | |
| 704 Sumner Ave., Spfld | 732-2006 |
| Safe Passage, www.safepass.org | |
| 43 Center St., Suite G, Nton | 586-5066 |
| Tapestry Health Systems, www.tapestryhealth.org | |
| 15 A Main St., Holyoke | 536-8777 |
| Woman-Infant-Child (WIC) Fee Nutrition Program | |
| 425 Union St., W. Spfld | 734-1381 |
| 77 Mill St., Westfield | 568-1007 |
| 1127 Main St., Spfld..... | 737-8868 |
| Womanshelter/Companeras, www.womanshelter.org | |
| P.O. Box 1099, Holyoke..... | 538-9717 |
| YWCA Intake Line, <i>Shelter advocacy for woman & children</i> | |
| P.O. Box 1835, W. Spfld..... | 1-800-479-6245 |
| YWCA Page Plus Program for Pregnant & Parenting Teens | |
| 1 Clough St., Spfld. www.yvworks.org | 732-3121 |
| YWCA of Western Massachusetts, www.yvworks.org | |
| 1 Clough St., Spfld..... | 732-3121 |

PET & WILDLIFE SERVICES

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|---|-------------------|
| Concerned Citizens for Animals, <i>low cost spay/neuter program</i> | |
| Spfld., MA 01138-0073..... | 565-5383 |
| Massachusetts Society for the prevention of Cruelty to Animals | |
| 171 Union St, Spfld..... | 736-2992 |
| Angell Animal Medical Center, www.mspca.org | |
| Spfld..... | 785-1221 |
| Agawam Animal Hospital | |
| 65MillSt., Agawam..... | 786-4440 |
| Agawam Health Dept., | |
| 36 Main Street Agawam..... | 786-0400 ext. 207 |

RECREATIONAL, LEISURE & PHYSICAL FITNESS RESOURCES

| | |
|--|----------|
| American Legion, 478 Springfield St., Feeding Hills | 786-4806 |
| American Legion Auxiliary, 83 Park Ave., W.Spfld..... | 736-9550 |
| Boy Scouts of America, Pioneer Valley Chapter, 249 Exchange St., Chicopee, www.pvcbsa.org | 594-9196 |
| Genesis Spiritual Life Center, www.genesiscenter.us 53 Mill St., Westfield..... | 562-3627 |
| MA Special Olympics, 380 Union St., W. Spfld..... | 747-8946 |
| Pioneer Valley Girl Scouts, www.gspv.org 40 Harkness Ave., E.Longmeadow..... | 525-4124 |
| Ramapogue Historical Society, 80 Brush Hill Ave., Apt #26, W. Spfld..... | 732-8049 |
| Agawam Cultural Council, 36 Main St., Agawam | 786-0400 |
| West Springfield Boys & Girls Club 615 Main St., W. Spfld..... | 736-1831 |
| Agawam Public Library, www.agawamlibrary.org 750 Cooper Street..... | 789-1550 |
| Agawam Public Schools, Athletic Director AHS, 760 Cooper St., Agawam | 821-0529 |
| Agawam Recreation Dept. 26 Central St., W. Spfld..... | 821-0513 |
| West Springfield Teen Center Piper Rd., W. Spfld..... | 731-8404 |
| YMCA 275 Chestnut St., Spfld..... | 739-6951 |
| 67 Court St., Westfield..... | 568-8631 |

DOMESTIC VIOLENCE

If you are battered:

You are not alone. There are many women like you in the same situation.

You don't deserve to be threatened, hit, or beaten. Nothing you do or say justifies the abuser's violence.

There are people who will support you and understand the problems you are facing. You can talk to a friend, relative, or neighbor. Talking with someone you know can be a first step in getting the support you need. You can call a shelter hotline just to talk confidentially about your situation. Women there can share information on how to leave your home if you choose to, and provide emergency housing for you and your children, legal information, counseling and support groups.

In an emergency, you can call the police, who can provide you with temporary protection until you can go to a safe place. You can go to a hospital or doctor to check for injuries. You can obtain protective orders under the Abuse Prevention Act. Available in district, probate or superior court without a lawyer, these orders can prohibit the man from further abusing you, require him to leave the house, and provide you with custody of your children, as well as other measures. You can ask a shelter to help you get orders or ask a friend to go to court with you.

If you know a woman who is being beaten: a friend, sister, mother, neighbor:

Be there as a friend, as a non-judgmental, good listener. Give her support to express her hurt and anger, and allow her to make her own decisions. Let her know that she is not the only woman being battered, and that no one deserves to be beaten. Find out if she is physically hurt. Help her to go to the hospital and check for injuries.

If she has decided to leave home, help her look for a place to live. Invite her to stay with you in an emergency, if you think you both will be safe. Help provide transportation and childcare. Help her report the assault to the police, if she chooses to do so. Let her know that resources are available, including the programs listed in this booklet, which can provide emergency housing for her and her children, counseling and legal information. Accompany her to district, probate or superior court to obtain protective orders under the Abuse Prevention Act. Available without a lawyer, these orders can prohibit the man from further abusing her, and provide her with custody of her children, as well as other measures. Give her a copy of this Directory.

GET HELP!

Refer to the Hotline Numbers and Family & Personal Health and Mental & Emotional Support sections of this Directory

SPIRITUAL RESOURCES

| | |
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| Agawam Church of the Bible | |
| www.agawamchurch.org | 789-2904 |
| Agawam Congregational Church | |
| 745 Main St., Agawam..... | 786-7111 |
| Agawam United Methodist Church | |
| 459 Mill St., Feeding Hills..... | 786-4174 |
| Bethany Assembly of God | |
| 580 Main St., Agawam..... | 789-2930 |
| Calvary Assembly of God | |
| 18 S. Westfield St., Feeding Hills..... | 789-9888 |
| Faith Bible Church | |
| 370 Shoemaker Ln., Agawam..... | 786-1681 |
| Feeding Hills Congregational Church | |
| 21 N. Westfield St., Feeding Hills..... | 786-5061 |
| First Baptist Church ABC | |
| 760 Main St., Agawam..... | 786-7300 |
| Grace Baptist Church | |
| 475 Pine St., Agawam..... | 821-0112 |
| Grace Chapel | |
| Agawam..... | 786-9111 |

SUBSTANCE USE/ABUSE

| | |
|--|----------------|
| Adcare Hospital, www.adcare.com | |
| 107 Lincoln St., Worcester..... | 1-800-345-3552 |
| or..... | 1-800-799-9000 |
| Agawam Counseling Center | |
| 30 Southwick St., Feeding Hills..... | 786-6410 |
| Al-Anon/Alateen Support Groups | |
| <i>(for individuals who know/live with an alcoholic)</i> Spfld..... | 782-3406 |
| Alcoholics Anonymous of Western Mass | |
| www.westernmassaa.org | 532-2111 |
| Baystate Health System, Alcoholism & Drug Services | |
| Spfld..... | 794-5555 |

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|---|----------------|
| Brightside for Families & Children | |
| 2112 Riverdale St., W. Spfld..... | 788-7366 |
| Carson Recovery Center (<i>Springfield detox</i>) | |
| 471 Chestnut St., Spfld..... | 794-5555 |
| Child & Family Services | |
| 425 Union St., W.Spfld..... | 737-4718 |
| 367 Pine St., Springfield..... | 737-1426 |
| Gandara Mental Health Center | |
| 333 East Columbus Ave., Spfld..... | 736-8329 |
| Greenfield Detox (Beacon) | |
| 59 Sanderson St, Greenfield..... | (413) 773-2489 |
| Holyoke Hospital, Center for Behavioral Health, www.holyokehealth.com | |
| 575 Beech St., Holyoke..... | 534-2626 |
| Mt. Tom Mental Health Center, www.e-behavioralcare.org | |
| 40 Bobala Rd., Holyoke..... | 536-5473 |
| Narcotics Anonymous | |
| Pittsfield, MA..... | (413) 443-4377 |
| Phoenix House (<i>residential alcohol & drug treatment</i>). | |
| 5 Madison Ave., Spfld..... | 733-2178 |
| Providence Hospital Acute Residential Treatment | |
| Clinical Assessment Ctr., www.mercycares.com | |
| 1233 Main St., Holyoke..... | 1-800-274-7724 |
| River Valley Counseling Adolescent & Adult Programs | |
| 303 Beech St., Holyoke..... | 540-1100 |
| Sloan Clinic | |
| 140 High St., Spfld | 794-8409 |
| Westfield Crisis Intervention | |
| Westfield..... | 568-6386 |

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